Three abs muscles BODYBUILd triple set for maximum hypertrophy and strength

Here's a high-tension ab **triset** you can run 2–3x/week as a finisher for max hypertrophy and strength of the six-pack and obliques.[1][2][3][4]

Exercise selection

All three hit rectus abdominis hard, with oblique carryover:

1. Hanging leg raise (or knees-up)

- Target: Rectus abdominis (entire length), strong lower-emphasis, high EMG activation.[2][3][4]
- Cues: Posterior pelvic tilt at the top, no swinging, control 2–3 s down.[2]
- Regression: Captains-chair knee raise.

2. Kneeling cable crunch

- Target: Rectus abdominis, especially upper portion, heavy loadable.[2]
- Cues: Hips fixed, think "ribcage to pelvis," full spinal flexion, constant tension.[2]
- Load: Pick a weight that makes 8–12 reps hard while keeping form.

3. Ab wheel rollout (from knees or standing to box)

- Target: Rectus abdominis plus strong internal/external oblique and whole-core stability, very high EMG.[3][2]
- Cues: Brace like a heavy squat, no lumbar sag, reach long, 2–3 s out, 2–3 s back.[2]
- Regression: Swiss ball rollout or body-saw plank.

Triset structure

Run the three back-to-back, then rest:

- Order (heaviest to least loadable dynamic):
    a. Hanging leg raise → 2) Cable crunch → 3) Ab wheel rollout.[5][6][7][2]

- Reps:
    a. Hanging leg raise: 8–12
    b. Cable crunch: 10–15
    c. Ab wheel: 8–12 quality reps
- Tempo: 2–3 s eccentric on all three to maximize tension and hypertrophy.[2]
- Rest: 60–90 s after the third move.
- Sets: 3–5 trisets, depending on total ab volume in your program.[8][1]

Example:

- Set A:
    - Hanging leg raise 10
    - Cable crunch 12
    - Ab wheel rollout 10
    - Rest 75 s
- Repeat for 3–4 total rounds.

Programming notes

- Place this triset at the end of your main lifting day so core fatigue doesn't compromise heavy compound work.[6][1][5]
- Use progressive overload: add total reps, slow the negative, then add load (ankle weights on raises, more cable load, weighted vest for rollouts).[6][2]
- Run for 6–8 weeks, then rotate variations (toes-to-bar, decline cable crunch, standing rollout, oblique emphasis like cable woodchop) while keeping the same triset structure.[1][8][3][2]

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Women of such

For women, you can use the same three-exercise ab triset, but take advantage of higher endurance and slightly slower hypertrophy by biasing volume and tension.[11][12][13]

Three-muscle “women of such” triset

Hit upper RA, lower RA, and obliques each round:

1. Reverse crunch on bench (legs unsupported)

- Focus: Lower rectus abdominis, external obliques via posterior pelvic tilt.[14][11]
- Cues: Hips roll off bench, think “curl tailbone to ribs,” slow 3 s down, no leg swing.[11]
- Reps: 12–20.

2. Cable crunch (rope)

- Focus: Upper rectus abdominis with heavy, loadable resistance.[15][14]
- Cues: Hips locked, spine flexes, ribs to pelvis, pause at bottom, 2–3 s up.[15]
- Reps: 10–15, progressive load over weeks.

3. Side plank hip dip (each side)

- Focus: External obliques and deep lateral stabilizers; great for female hip–core linkage demanded in sport.[16][17][18]
- Cues: Straight line ear–ankle, ribs down, lift and gently tap hips each rep, 2 s hold at top.[17][16]
- Reps: 8–15 per side.

Run as:

- Order: Reverse crunch → Cable crunch → Side plank hip dips.[11][15]
- Rest: 0 s between exercises, 60 s after the side planks.
- Sets: 3–5 trisets, 2–3x/week depending on total core volume.[19][13]

Women-specific tweaks

- Volume bias: Women typically tolerate more moderate-rep work and recover faster between sets; use the top of the rep ranges and consider an extra triset if recovery is good.[12][13][18]
- Tempo hypertrophy: Keep 2–4 s eccentrics on all movements to increase time under tension without needing joint-heavy loading.[13][14][11]

- Cycle sync (optional): Push to 4–5 trisets and the heaviest cable loads in mid-follicular/ovulatory phases, and back off 20–30% volume in late luteal if fatigue or cramps spike.[18][12][13]

Example for your female lifter:

- 3–4 rounds of:
  - Reverse crunch 15–20
  - Cable crunch 12–15 (add weight when she hits 15 on all sets)
  - Side plank hip dips 10–12/side
  - Rest 60–75 s

That keeps the same three-muscle BODYBUILd triset concept, just tuned to how girls, ladies, and women typically respond best.

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